

Growing Healthy Families



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Spring into walking!

Spring is just around the corner. It's a great time to get outside and walk. The melting snow makes great puddles to jump in along the way (if you don't mind getting a little wet!).

Walking is an excellent way for the whole family to become more active. Milder weather and longer days make spring one of the best times to begin walking. Here are some ideas to get started:

- **Plan to walk everyday.** Schedule your walk as you would any appointment. Pick what part of the day works best for you.
- **Start with 10 minutes.** Build up to at least 30 minutes every day. Or, you could try two to three 10- or 15-minute walks — maybe one in the morning and one in the afternoon.
- **Walk instead of drive.** If there is a sidewalk or path, walk to your errands, to the store, to the library, etc.
- **Walk with a friend.** You will motivate each other and enjoy one another's company along the way.
- **Keep a log.** Record your walks so you can see your progress! It can be as simple as writing the number of minutes you walk on your calendar or make one like the sample shown.

WE WALKED ON:	FOR:	AND WENT:
Sunday	15 minutes	through the neighborhood
Monday	20 minutes (10 min. in the morning, 10 min. in the afternoon)	around the park down the road
Tuesday	20 minutes	on the recreation path
Wednesday	30 minutes	to the post office and back

What are you buying with your Fruit & Veggie card?

Many WIC families are making the most of their WIC benefits each month by using their Fruit & Veggie card. Here's what they are saying:

We now have salads with dinner because I can use my WIC card to buy the ingredients.

I try to spend my WIC money on things I wouldn't usually buy like pineapples and mangoes, the kids love them!

My son likes to be in charge of what WIC fruits and vegetables we buy each month. He feels very grown up and is willing to try new foods!

To check your WIC EBT account balance, change your PIN or find an authorized grocery store, go to the VT WIC EBT website: www.ebtedge.com or call: 1-877-373-8715.

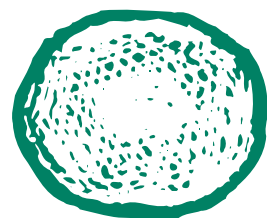
4 day throw away (or compost!)

Did you know that leftovers should be eaten within 4 days? Many people don't realize how quickly food leftovers can become unsafe and cause illness.

Follow these tips to keep your family safe from foodborne illness:

- Old food that looks and smells ok can contain bacteria that can make you and your family sick. When in doubt, throw it out!
- Put leftovers in the fridge or freezer right away. Use a wide, flat container to help foods cool down quicker.
- Use your leftovers within 4 days. After that, throw them away or into your compost.

Visit www.fourdaythrowaway.org for more information.



Hey Mom! It's 4 U!

Did you know that you can get free text messages sent to your cell phone? Just text **BABY** to 511411 to sign up — all messages are free, even if you don't have a texting plan. You will get free tips on your cell phone to help you through your pregnancy and your baby's first year. You can also sign up by going to www.text4baby.org.



clip & save recipe!

Smiling French Toast

SERVINGS: 2 adult servings and 2 child servings

INGREDIENTS:

2 eggs*

3/4 cup skim* or 1% milk*

Dash cinnamon

6 slices whole grain bread*

Blueberries, fresh or frozen*

1 apple* or pear*, sliced into "smiles"

*WIC foods

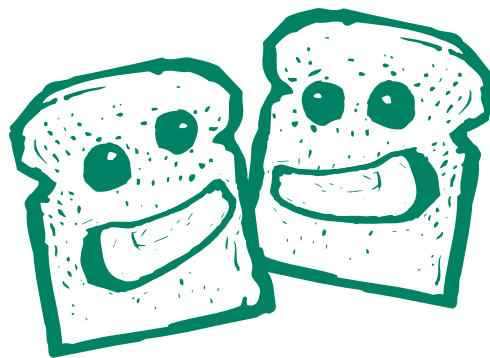
Combine eggs, milk and cinnamon in shallow dish. Beat with fork until well blended. Dip bread slices into mixture. Coat each side of bread. Cook in hot skillet that has been lightly greased with oil or cooking spray until golden brown on both sides. Put a slice of apple for the smile and 2 blueberries for eyes. Serve with warm Vermont maple syrup.

2 slices per adult serving: Calories 320, Protein 14 grams, Carbohydrates 56 grams, Fat 4 grams, Sodium 550 milligrams

1 slice per child serving: Calories 160, Protein 7 grams, Carbohydrates 28 grams, Fat 2 grams, Sodium 275 milligrams

QUICK TIP:

Separate leftover slices with waxed paper, place in freezer container or bag and freeze. To serve, warm in a toaster or toaster oven and serve. Makes a quick and easy breakfast or dinner!



Did you know...

Vermont is the largest producer of maple syrup in the U.S.

Vermont sugar makers made about 890,000 gallons of maple syrup in the year 2010.

Vermont's Gold

Vermont maple syrup tastes great on oatmeal, yogurt, pancakes, waffles and French toast (see recipe), and sweetens your favorite recipes from baked beans to winter squash. One tablespoon of pure maple syrup has about 52 calories and contains a very small amount of minerals including calcium and potassium.

Vermont's climate is ideal for producing maple syrup and spring is a great time to visit one of many Vermont's sugarhouses that are open to the public. Children and adults will enjoy seeing how maple syrup is made. Check your local paper for openings or visit www.vermontmaple.org. Remember to dress warmly when you go.



Happy Mother's Day



to all Moms, Grandmoms and
Moms-to-be! Sunday, May 8, 2011

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enjoy your leftovers without worry
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learn about Vermont Maple Syrup
- **Featured recipe:**
Smiling French Toast

"4 day throw away (or compost!)" used with permission from Iowa State University Extension; Smiling French Toast recipe and quick tip adapted from KidFood Newsletter.



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VERMONT